

Cooking for Kids

Recipe Sizing Report

Page 1

Mar 16, 2022

000125 - Spinach Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011457 SPINACH,RAW.....	16 lbs + 11 ozs	1. Wash all produce thoroughly. Pick through spinach to ensure that all leaves are fresh.
009316 STRAWBERRIES,RAW.....	1 gal + 3/4 cup	2. Chop strawberries, onions, and cucumbers.
799908 ONIONS,RED,RAW.....	1 qt + 1/8 cup	3. Mix all ingredients together in a large bowl. Hold cold for service. Serve with dressing of choice.
011205 CUCUMBER,WITH PEEL,RAW....	2 qts + 1/4 cup	
902955 Oranges/ Mandrine.....	1 gal + 3/4 cup	

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	53 kcal	Cholesterol	0 mg	Sugars	*7.4* g	Calcium	88.48 mg	6.60%	Calories from Total Fat
Total Fat	0.39 g	Sodium	64 mg	Protein	2.79 g	Iron	2.43 mg	0.98%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	28.96 g	Vitamin A	7201.2 IU	Water ¹	*106.33* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.66 g	Vitamin C	43.9 mg	Ash ¹	*1.46* g	219.42%	Calories from Carbohydrates
								21.18%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.